

Course Name: Bachelor of Physical Education

Year: I st

Paper Name: Introduction to Physical Education

Paper No. -I

Topic No. 8 (b)

Topic Name: Punjab's Sports Culture and Heritage

Lecture No.: 21

Lecture Title

Punjab's Sports Culture and Heritage

Summary

Punjabis play a wide variety of sports and games, ranging from modern games such as hockey and cricket, to the more traditional games such as Kabaddi, Kushti and Khuddo Khoondi. There are over 100 traditional games and sports of Punjab. Many training Academies were established to impart the training and boost the talent among people.